



Your Safe Haven @ Thanet

Are you feeling distressed, overwhelmed, or that things are too much for you? Don't know where to turn to get mental health support?

The Safe Haven @ Thanet offers out-of-hours mental health support to anyone aged 16+ in the Thanet area. Open every day 6pm-11pm.

The Thanet Haven has now opened for face-to-face support. Visitors must wear a face covering and have a temperature check upon arrival.

This is a walk-in service - there is no need to be referred. The Haven offers a welcoming, safe, comfortable, non-judgmental, and non-clinical environment. The emphasis is on reducing immediate distress, and supporting visitors to access other services that may be useful to them. You can also access one-to-one emotional support from a trained Recovery Worker. We also offer help in creating staying well and crisis plans.

The Thanet Haven aims to reduce pressure on emergency services. We work closely with medical professionals and mental health teams to ensure that people in emotional distress have a safe, supportive place to go to, with appropriate mental health support available.

People using our Safe Haven will also be supported by our 24/7 helpline.

To contact your Safe Haven @ Thanet please:

Call: 07850 655877 / 07483 918233 (general enquiries 6pm-11pm)

Email us at: thanet.mhm@nhs.net (general enquiries 6pm-11pm)

Visit us at: Thanet Safe Haven, Holy Trinity Church, St Mary's Avenue, Dane Valley, Margate, CT9 3TN